

The Signature

Pull-Out: Etna in Depth

Vol. 19 No. 44

Naval Air Station Sigonella, Sicily

Friday, November 8, 2002

NEX ready for Great American Smoke Out

By Navy Environmental Health Center
Norfolk Public Affairs



Photo by JO1 Craig Coleman

NORFOLK, Va. (NNS) — Tobacco users, mark your calendar! The Great American Smoke Out is Nov. 21, and the Navy Environmental Health Center (NEHC) and the Navy Exchange Service Command (NEXCOM) are teaming to help you kick the habit. Smokers and dippers visiting 21 Navy Exchanges throughout the United States and Italy on that day may pick up a free Quitter's Survival Pack while supplies last.

"We understand that kicking the tobacco habit can be very difficult," said Rear Adm. William J. Maguire, NEXCOM's Commander. "We want to do our part to make quitting as easy as possible for our customers who use tobacco products. We're happy to support the Navy's initiative to encourage a healthier lifestyle."

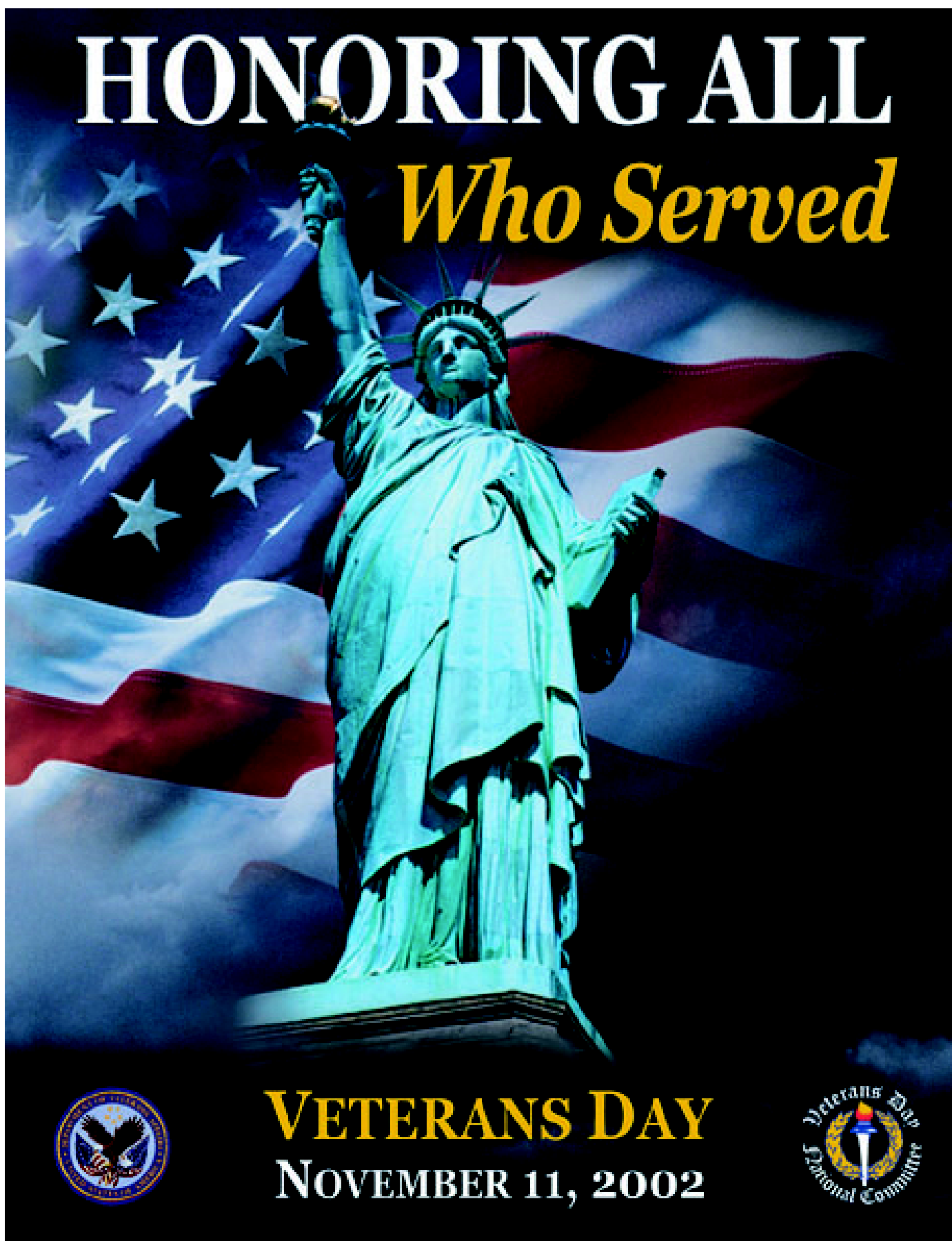
The Quitter's Survival Pack contains some of those got-to-have items people need when they're trying to stop tobacco usage. Several of NEXCOM's vendors donated gum, mints and coupons for smoking cessation medication.

Staff members from local military treatment facility health promotion programs will be on hand at Navy Exchanges, distributing Quitter's Survival Packs and other materials, and will offer support and advice on quitting.

"Stopping the use of tobacco products is the single best thing that Sailors, Marines and their families can do to improve their health," said Dr. Mark Long, a psychologist who is the tobacco cessation program manager at NEHC. "The Great American Smoke Out offers an opportunity to kick tobacco for the day, and hopefully, for good."

According to Long, wanting to stop, having a plan and preparing for potential difficulties helps tobacco users quit, and that's the purpose of the Great American Smoke Out. He suggests that if you are a non-smoker, help a friend quit for the day, and if you are a current tobacco user, plan to join this year's Smoke Out.

Navy Exchanges participating in this program include Little Creek, Norfolk and Oceana, Va.; Pearl Harbor, Hawaii; Jacksonville, Mayport and Pensacola, Fla.; San Diego and North Island, Calif.; Bangor, Bremerton, Everett and Whidbey Island, Wash.; Bethesda, Md.; Charleston, S.C.; Memphis, Tenn.; Corpus Christi, Texas; Great Lakes, Ill.; New London, Conn.; Newport, R.I.; and Sigonella, Italy.



Centuries of Native American military contributions

By SKC(AW) Apollo Bala

Contributing writer

Native Americans participated with distinction in the United States military actions that can be traced back for more than 200 years.

Starting with the War of 1812, they fought for both sides as auxiliary troops in the Civil War and scouting the enemy was recognized as Native American soldier's particular skill. In 1866, the U.S. Army established its Indian Scouts to exploit this aptitude. The Scouts were active in the American West in the late 1800's and early 1900s, accompanying Gen. John J. Pershing's expedition into Mexico in pursuit of Pancho Villa in 1916. Native Americans from Indian Territory were also recruited by Teddy Roosevelt's Rough Riders and saw action in Cuba in the Spanish-American War in 1898.

As the military entered in the 20th century, Na-

tive Americans have already made a substantial contribution through military service and were on the brink of playing an even larger role.

It was estimated that more than 12,000 American Indians served in the United States military in World War I. Approximately 600 Oklahoma Indians, mostly Choctaw and Cherokee were assigned to the 142nd Infantry of the 36th Texas-Oklahoma National Guard Division. The 142nd saw action in France and its soldiers were widely recognized for their contributions in battle. Four men from this unit were awarded the Croix de Guerre, while others received the Church War Cross for gallantry. The outbreak of World War II brought American Indian warriors back to the battle

HERITAGE continued on page 13

Inside this Edition

Direct Line... page 2

Italian News... page 4

Etna in Depth... page 7

AFN Lineup... page 12

Sig Sports... page 13

Il Mercato... pages 14 & 15

Italian phrase of the week...

Il vulcano si è risvegliato!



(The volcano awakened!)

SECURITY BLOTTER



Helping make the
community aware

CRIME STOPPER'S HOTLINE 624-6389

Oct. 28 - Nov. 4

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 7

Traffic accident with injuries - 3

Car break-ins - 1

DUI - 1

DUI's 2002 - 30

DUI's 2001 - 33

The
Signature

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Direct Line

Capt. Tim Davison, NASSIG
Commanding Officer



"The Navy has both a tradition and a future—and we look with pride and confidence in both directions."
- Admiral George Anderson, CNO, 1 August 1961.

On Monday, November 11, we will honor our fellow shipmates, past and present, with Veteran's Day.

Originally, Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of Soldiers, Sailors, Marines and Airmen in the Nation's history. After American forces had fought the aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans. "With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Still today, many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered on Veterans Day, Veterans Day is the day set aside to thank and honor all those who served honorably in the military - in wartime or peacetime. In fact, Veterans Day is largely intended to thank living veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served - not only those who died - have sacrificed and done their duty.

On August 1, 1963, President John F. Kennedy spoke at the Navy Academy in Annapolis, Maryland, He said *"I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'"*

Words of our leaders whose actions definitely speak louder than words. How we act today will affect our world tomorrow. We must be aware of the daily sacrifices our shipmates make all around the world promoting our nation's global presence and ensuring our freedom. With that in mind, our Sigonella community is committed to the call with a greater sense of purpose and a resolve that will not be broken.

I am thankful for the many shipmates I have served with in the past, but most importantly, the ones I work with today. Thank you for being an American Veteran.

The Pulse

Diabetes Awareness

By Lt. Cmdr. Eric Mitchell, USNH Sigonella

Diabetes is a serious disease that can have a significant impact on the health, quality of life and life expectancy of individuals, as well as on the healthcare system. Approximately 16 million men, women, and children in the United States have diabetes (10 percent have Type 1 and 90 percent have type 2 diabetes) representing about six percent of the total population. Many of these people do not have symptoms for years and often develop diabetic complications before a diagnosis is made. The incidence of Type 2 diabetes is increasing in the U.S. as the population becomes more sedentary and more obese. November being Diabetes Awareness Month, the Naval Hospital Sigonella would like to address some frequently asked questions about diabetes.

What is type 2 Diabetes?

When you have Type 2 Diabetes your body does not make enough insulin or is unable to use the insulin properly. Insulin is a hormone produced by the pancreas. When you digest food, the food is broken down into sugar (glucose) that is used by the body for energy. Insulin allows the sugar to leave the bloodstream and enter the cells. This is how insulin lowers the level of sugar in the blood. When your body does not have enough insulin or has trouble using insulin, the cells do not absorb enough sugar from the blood. As a result, you have higher levels of sugar in the blood. It is not healthy to have elevated levels of sugar in the blood. Proper treatment may prevent the problems due to elevated blood sugar.

What causes Diabetes?

The precise cause of diabetes is not known, although age and weight appear to be factors. As people become older or overweight they are more likely to have diabetes. Cells in the body become unable to use the insulin made by the pancreas. Heredity is also an important factor.

What are the symptoms?

Most people have no symptoms, especially at first. However, as the blood sugar rises to higher levels and is elevated for a long time the following symptoms may develop: increased urination, excessive thirst and the drinking of a lot of fluids, increased appetite, blurred vision, tiredness, vaginal infections, slow healing sores, weight gain or loss.

How is it diagnosed?

Your health care provider will ask about your symptoms and test the level of blood sugar. If your fasting blood sugar (nothing to eat or drink except water 12 hours prior to the test) is more than 126 milligrams per deciliter (mg/dL), you are probably diabetic. Sometimes your provider will order a glucose tolerance test. A fasting blood sugar is done and then you are asked to drink a sugar solution and then your blood sugar is retested to see if your body effectively clears the glucose from the bloodstream.

How is it treated?

The cornerstones of diabetes treatment are diet and exercise. Some mild cases of diabetes may be controlled by diet and exercise alone. Sometimes oral medications must be taken to allow you body to make more insulin and make the insulin in your body work better. More severe cases require the patient to take insulin.

Taking good care of yourself is also important with diabetes. Possible diabetic complications include heart disease, stroke, blindness, kidney failure, and nerve damage. Controlling the blood sugar may delay or prevent these serious complications. Diabetics must also aggressively manage their risk factors for heart disease. Elevated cholesterol and high blood pressure must be treated and if the patient is a smoker, they must quit.

Research and studies show that Type 2 diabetes may be prevented by exercising regularly and maintaining a healthy diet.

Please contact your primary care provider with questions regarding diabetes.

Family appreciation

By SN Michelle Watkins

Staff writer

The month of November has been set aside as Military Family Appreciation Month to highlight the commitment and dedication exhibited by military families around the world.

"I am proud to offer my sincere thanks to the brave wives, husbands, children and other family members of our soldiers..." stated President George Bush during last year's proclamation.

According to ADM Grog Johnson, because of our family members support and encouragement, every military member is able to more fully focus on our mission and provide the service quality that is expected from us. "Many military families serve our country by sacrificing personal comfort as their loved ones help us to protect our Nation," said Bush. With Family appreciation month, the military is recognizing the importance of family and what makes a family.

The way we do things becomes our family traditions. There are three types of family traditions according to Tonya Sonnier, FFSC Information and Referral. The types of traditions are celebration, family and patterned family interactions.

Celebration traditions are the things that built around special occasions such as birthdays, holidays, and more. Family traditions are the things created within each family to fit their lifestyles like vacations and family nights.

The closeness of a family has been proven by recent studies to help family members cope with stress and problems. When an active duty member comes home after a day's work, family is there to share in the excitement and low points of the day.

Not only do family members help with the load of everyday house chores, when time is set aside they can relax and rest for the next day at work. "Time spent together as a sign of cooperation and reconciliation is time to affirm family values, faith and life experiences. It is also a time to heal and build upon the family," said Sonnier.

Studies have proved that families that have healthy relationships have higher levels of productively and enhanced performance at work.

"The sacrifices members of our armed forces endure daily are well known. But many of those sacrifices also extend to the members of our families. From moving to all corners of the world every few years, to enduring lengthy separations, they have persevered, and in many cases, flourished. When a ship gets underway, an Air Wing embarks or Battalion ships out, our families are always there, taking care of those things that keep the home fires burning," declared Johnson.

KITCHEN KORNER

Italiano Marianara

By Bea Cook


Contributing writer

2 Tbsp olive oil
1/2 cup chopped onion
2 clove garlic, minced
28 ounces tomatoes, undrained (can)
2 Tbsp chopped fresh parsley
2 teaspoon basil
1 teaspoon sugar
1/2 teaspoon oregano
1/2 teaspoon salt
1/4 teaspoon pepper
3 cups tri-mixed pastas
1 cup shredded mozzarella cheese

In 2-quart saucepan, heat oil and cook onion and garlic until tender but not brown. Stir in tomatoes with liquid, parsley, sugar, basil, oregano, salt and pepper. Bring to a boil and then reduce heat and simmer, stirring occasionally to break up tomatoes, 15 to 20 minutes. Meanwhile, cook the pasta until tender and drain. Toss pasta with the sauce and place in a one-quart casserole. Top with mozzarella cheese and broil for three minutes or until the cheese is melted.

S.A.F.

Dogs: 3
Cats: 0
Puppies: 0
Kittens: 4



Call 624-3200 for the Stray Animal Facility if you are looking for a particular animal (i.e. Breed, size, color or age).



From the Fleet

Physical Readiness Enters Paperless World

By Robin A. Hillyer Miles
MWR Division PERS-658 Communications Group
MILLINGTON, Tenn. (NNS) — A new, Web-based physical readiness information system (PRIMS) has gone online to save thousands of Navy man-hours. PRIMS went live Oct. 1, and it will be used for the first time by command fitness leaders (CFLs) during the fall physical readiness test (PRT) cycle. Almost 2,000 visits were made to the Web site during its first four days of operation as CFLs gear up to enter a paperless world. Two years ago, Navy Morale, Welfare and Recreation's (MWR) PRIMS desktop version was made available, and the old "pink folders" went by the wayside.

Now PRIMS is available online and has all the latest changes to physical readiness standards. "This new program will give the Navy a better look at the overall fitness of the fleet," said Tim Cepak, Navy MWR physical readiness program manager. "PRIMS is the solution to a reduction of errors and improvement of data quality that are very important in historical trending and analysis."

PRIMS provides the CFLs a useful tool to administer the Physical Fitness Assessment (PFA) program. Now, the CFLs can go to the Navy MWR Web site to update individual records, receive and transfer members, and create reports for their command. "Service members can also look at their scores anytime, but only authorized CFLs can make updates and changes to information," said Tina Agee, PRIMS technical support manager. "Another benefit of this program is the elimination of the need to make a diskette to send with the Sailor upon transferring to a new command." PRTs are part of the overall PFA where the Sailor's body composition is analyzed and the PRT is conducted. PFAs are required two times a year, no closer than four months and no further than eight months apart.


Body fat percentages are the first component of the PFA. Male Sailors 39-years old and younger can have a maximum body fat percentage of 22 percent, and those over 39 have a maximum limit of 23 percent. Females

aged 39 and younger can have a maximum body fat percentage of 33 percent, and it is 34 percent for those 40 and older. PRTs consist of the sit-reach, curl-ups, push-ups and a run or swim. If any component is failed, then the individual fails and must attend fitness enhancement program counseling. If the Sailor fails three times in four years, then advancement, promotion and re-enlistment opportunities are denied. They then need to pass three times consecutively to return to good standing. For more information on the Physical Readiness Information Management System, go to www.mwr.navy.mil/prims.

"The Tonight Show" Looking for Talented Sailors

By Lt. Christy Hagen
NAVINFO West

LOS ANGELES (NNS) — Maybe you can spin a basketball like one of the Harlem Globetrotters. Maybe you are a one-Sailor, five-piece band. Maybe you can turn an everyday object into a musical instrument. If so, then maybe you can represent the Navy and perform on national television. NBC's "The Tonight Show" will tape a program dedicated to the military in Los Angeles Nov. 27, with one of the segments featuring a military talent show. The program, which will air Nov. 28, will showcase a one-to-two minute performance by an individual or small group from each of the service branches. Examples of some of the acts include an airman who can play two trumpets simultaneously and a group of Soldiers performing an act similar to "Stomp" but with steel-toed boots. The show's producers are not interested in a serious musical performance, instead focusing on unique talents and skills that are in good taste. "The Tonight Show" will bear all costs associated with the performance, including airfare, lodging and ground transportation. Anyone interested in being on the show can send a videotape of their performance to: Navy Office of Information, West Attn: Lt. Christy Hagen 10880 Wilshire Blvd., Suite 1220



NJP Results

Oct. 24

An E-4 was found guilty of failure to go to appointed place of duty and drunk on duty. The member was awarded 30 days restriction, 30 days extra duty, forfeiture of \$734 pay per month for two months (one month suspended), and reduction in rate (suspended six months).

Oct. 31

An E-7 was found guilty of drunken or reckless operation of a vehicle. The member was awarded forfeiture of \$1,446 pay per month for two months (one month suspended).

Los Angeles, CA 90024
Videotapes must be received by Nov. 12 to be eligible. The tapes will then be forwarded to "The Tonight Show" for selection. Include your name, telephone number, e-mail and command address (if the address is an APO/FPO, please indicate command location) for all individuals performing.



Gate Opens

The new main gate at NAS I will be open for traffic today. When the new gate complex is completed later next year, it will include turn out and parking for temporary passes, two traffic inbound lanes, and an enclosed walkway. Traffic will flow by Halsey Road which runs in front of the DoDDS School, the Commissary-Exchange, and the Bowling Alley-Pool, making it easier to get around. Just remember not to pass by it on your way to work.

Flying Club Meeting

The NASSIG Flying Club will hold a meeting on Wednesday, Nov. 13, to elect the Board of Directors. Meet at the NEPMU 7 conference room at 4:30 p.m. For more details, contact AM1 Childers at 624-5088 or Cmdr. DeLoach at 624-2359.

Mason's Ball

The 2002 Mason's Ball will be held Nov. 9 from 7 p.m. to 2 a.m. Drinks will be served at 6:30 p.m. Dress your best because prizes will be given and photographers will take formal portraits. Tickets can be purchased at the door or from any member. Seating is limited, so buy early. For more details, call Isaiah at 340-1502676 or 624-6530.

Post Office Holiday Hours

As of today, Christmas customer service hours at the NAS I Post Office will be Monday through Friday from 9:30 a.m. until 4:30 p.m. and on Saturdays from 9 a.m. to 1 p.m. Early mail pick up is still in affect at 7 a.m. The NAS II Post Office will have no changes in their schedule.


PAO Note

At the *Signature*, we appreciate our children learning about the prevention of fires and fire safety. We apologize to the girls of Brownie Troop 29 for any confusion in the headlines we wrote a few weeks ago.

HERITAGE

continued from front page

field in defense of their homeland. More than 44,000 Native Americans served with distinction between 1941 and 1945 in both the European and Pacific theaters of war. Battle-experienced Native American troops from World War II were joined by newly recruited Native Americans to fight Communist aggression during the Korean conflict. The Native American's strong sense of patriotism and courage emerged once again during the Vietnam era. 90 percent of more than 42,000 Native Americans, volunteered to fight in Vietnam. Native Americans are no different from any other ethnic groups who volunteer for military service. However, they have distinctive cultural values, which drive them to serve their country. One such value is their proud warrior tradition. Their warrior tradition is best exemplified by strength, honor, pride, devotion and wisdom. These qualities make a perfect fit with military tradition. To be a Native American warrior is to have physical, mental, and spiritual strength. A warrior must be prepared to overpower the enemy and face death. Having a strong sense of inner spirituality is also a part of the warrior character. It can help them adapt to the occasional isolation of military life in times of both peace and war. Warriors are honored by their family and tribe before and after their return and they are recognized in private family gatherings, public or tribal ceremonies. Today, Native Americans carry on with the requirements for successful military careers that match those of the warrior — strength, bravery, pride and wisdom.



SIG SPORTS

Football Standings

Ops	9 - 2
PSD	8 - 3
Security	7 - 4
VP-16e	7 - 4
COMSTA	7 - 4
PWD	6 - 5
Hospital	6 - 5
VP-16o	5 - 6
HC-4	4 - 7
AIMD	4 - 7
FLC	2 - 9
NMCB-5	1 - 10

Flag Football Results		
Oct. 30	PSD vs. AIMD	12 - 6
	COMSTA vs. Security	8 - 6
	VP-16e vs. PWD	28 - 6
Oct. 31	AIMD vs. FLC	28 - 6
	VP-16e vs. Hospital	Hosp. forfeit
	VP-16o vs. NMCB-5	12 - 13
Nov. 1	PSD vs. COMSTA	20 - 12
	HC-4 sv. PWD	6 - 30
	OPS vs. Security	14 - 6



Photo by PH3 Jessica Price

COMSTA loses chance for first; takes fifth

COMSTA in black versus PSD in yellow. The teams went head to head last Friday with PSD winning 20 to 12. The brutal battle for both teams started as COMSTA squeaked by, landing the first six points on the board. Unfortunately, COMSTA couldn't keep the win as Safety/Quarterback, Sam Perkins, was able to intercept a pass for a 40 yard touchdown return. PSD scored this touchdown and two others giving them the title of 2nd place overall.

By **Alberto Lunetta**
Deputy PAO

Italian News

SICILIAN CULTURE AND LIFESTYLE

Former paratrooper wreaks havoc in Catania

As recently reported in *La Sicilia*, an alleged domestic dispute turned Catania into a western-movie set as a violent shootout occurred between Nico Buonpane, a 24-year-old former Italian Army paratrooper, and the police.

The gun incident erupted on a Saturday evening in Librino, a neighborhood in the Catania outskirts, as Buonpane had an argument with his father, a former Italian Army master sergeant. The young gunman pointed a gun and a rifle at his father and a friend both of whom managed to escape. Buonpane became irritated and, in a fit of rage, barricaded himself inside his home and started firing hundreds of bullets from his balcony. Police surrounded his house and tried to negotiate with him by a cellular phone. But Buonpane fired at them and demanded to speak with a priest (a friend of his) and asked for a pack of cigarette. After a while, taking advantage of the confusion, he came down to the street, stole a police car after threatening some police officers, and drove it to the crowded Catania historic center. Police chased him down and blocked him as he collided with an unmarked police car in via Vittorio Emanuele, a few blocks away from piazza Duomo (Elephant Square). After the crash, Buonpane got out of the car and pointed his gun at the police. He was eventually subdued after a shooting during in which he was seriously wounded.

Buonpane, who has been fighting for his life for two weeks, remains in critical but stable conditions at the *Garibaldi* Hospital in Catania after being shot in the chest, neck and legs.

Catania Judges placed him under house arrest at Garibaldi Hospital and was charged with at-

tempted multiple murder and theft of a police car.

“I don’t know what I did wrong, but if my son believes I was wrong I ask him to forgive me. I hope he recovers soon. I wish we could rebuilt our relationships,” Salvatore Buonpane (Nico’s father) said.

Buonpane met his mother and sister but still refuses to see his father.

De Chirico paintings displayed in Palermo

Palermo is currently hosting through Jan. 6 *Miti, Enigmi Inquietudini* (Myths, Enigmas and Restlessness), the first major Italian–Greek painter Giorgio De Chirico exhibition in Sicily that has ever been sponsored by a public institution. *Associazione Culturale Amici delle Arti* organized this amazing *mostra* (exhibition) that is being showcased at the Palazzo Ziino, an elegant 19th century building located in Via Dante, 53 near the Politeama Theatre in Palermo’s historic center.

On display are more than 40 works of art featuring De Chirico’s enigmatic and mysterious figures that are usually set against illusionary townscapes.

“Statues in public places are particularly evocative because they seemed to have the potential to rise and enter the world of men, especially at twilight,” this an example of how Giorgio de Chirico described some of his fascinating cartoon-like dreamscapes, featuring classical statues, Italian deserted piazzas, sinister shadows, stopped clocks, sleeping statues, bizarre mannequins and geometric objects.

De Chirico’s haunting masterpieces had a powerful impact on the Surrealist paintings of Salvador Dali and Max Ernst.

The son of an Italian engineer from Palermo,

De Chirico was born in Volos, Greece. He studied art in Athens and in Munich, where he was strongly influenced by the allegorical works of the 19th-century Swiss painter Arnold Böcklin.

In Paris 1911-15, he met Apollinaire, Picasso and others, and painted a highly influential group of paintings evoking dream-like architectural visions of Italy.

Upon his return to Ferrara (northern Italy) in 1915-18, he further developed this style, known as *Pittura Metafisica* (Metaphysical Painting), an art style invented in the second decade of the 20th century and aimed at searching for the essential meaning hidden behind the surface of objects, as objects are believed to acquire various meanings when imbued with the memory of the viewer.

Later in 1918, he began to study closer the paintings and techniques of the Old Masters. After spending the 1930s partly in Paris and New York, he eventually settled in 1943 in Rome where he designed sets and costumes for various ballets and operas, and made a number of small sculptures. He died in 1945 in Rome.

The exhibition is open daily from 9:30 a.m. to 7 p.m. The cost of a ticket is Euro 3. Closed on Mondays.

For more info call Palermo Department of Cultural Affairs at 091-7407619.

Sicilian Puppet Show in Catania

On Nov. 9 at 9 p.m., the Chiesa (church) of San Placido, located in piazza San Placido (behind the Catania Cathedral) will host an *Opera dei Pupi* show, the traditional Sicilian marionette theatre featuring chivalrous stories referring to medieval French paladins. Admission is free.

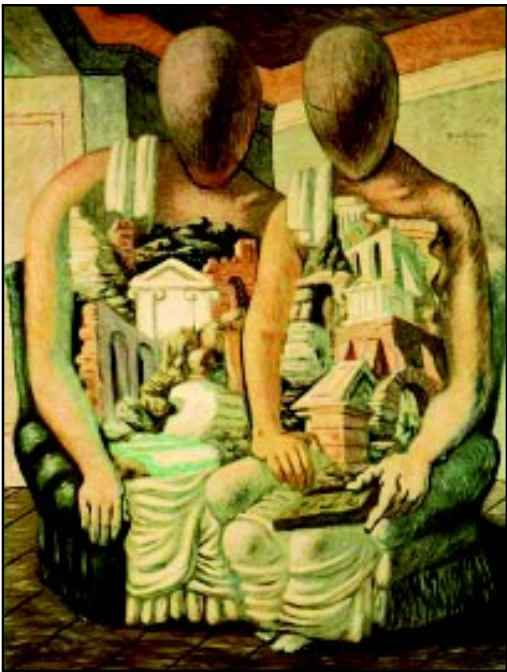


Photo Courtesy of Palermo Department of Cultural Affairs

“The Archeologists” is one of De Chirico’s characteristic metaphysical paintings currently displayed through Jan. 6, 2003 at the Palazzo Ziino in Palermo. The exhibition presents approximately 40 works of art featuring the Italian-Greek master’s enigmatic and mysterious figures that are usually set against illusionary townscapes. De Chirico’s unique style and visual language portrays cartoon-like dreamscapes, classical statues, Italian deserted piazzas, sinister shadows, stopped clocks, sleeping statues, bizarre mannequins and geometric objects.



Class meets Mayor in study trip

By Kristin Bremer, 8th Grader, SDS
Friday Oct. 25, Mr. Iozzia and his Italian class took a study trip to Catania. The day started when the class on met at the school playground waiting for the arrival of the bus. The first stop was an Italian coffee bar located near Elephant square, where they had the chance to eat an Italian breakfast. Afterward, the students visited a church in which the famous music composer, Vincenzo Bellini, was buried.

Iozzia later took them by city hall so they could see what the building was like. The huge building with many rooms was filled with huge pictures on the walls and ceilings. That’s where the students met the mayor of Catania, Umberto Scapagnini.

At the next stop, the class visited the ancient Roman amphitheater where they broke into groups for about an hour, as they shopped at the market. At the end of the day, all the students ate lunch in Bellini Park, the largest park in Catania!

When they arrived back at school, everyone seemed so excited that they had been a part of a wonderful study trip.

Customs shopping guide for the holidays

By Robert Szostek
USEUCOM Customs PAO

Mannheim, Germany - Some people have a way of buying the wrong holiday presents. This is usually a matter of taste, but many items available in Europe that make good holiday presents violate customs rules. Some items are banned from import to the USA and other items may be carried in baggage but not mailed. Violations of customs, agriculture or postal regulations can lead to hefty fines and confiscation of the goods.

Meat and meat products are one big problem. “European delicacies like French paté, German wurst, Spanish chorizo salami and Italian ham are here for the buying and much sought-after in the States,” said Delcio Rivera, Department of Agriculture (USDA) adviser to the U.S. European Command. “Unfortunately they can also carry the spores of Foot and Mouth Disease, a virulent livestock ailment eradicated in the United States,” he added.

These products, all canned meats and even soup mixes containing meat are therefore banned. Fresh fruits and vegetables are also prohibited because they could harbor pests like the Mediterranean fruit fly. The threat to U.S. agriculture is so great that the USDA fines people who mail or take banned foods to the States up to \$250. Criminal action for deliberate cases of smuggling can end in a \$5,000 fine and a year in jail.

Wildlife products also present problems. Buying ivory as a gift is a bad idea, say customs officials. “Only ivory pieces previously registered with the U.S. Customs Service may be imported,” said William L. Johnson, deputy director of the European Command’s Customs Executive Agency.

Whale teeth carvings known as netsuke or scrimshaw are also prohibited from import. When buying furs, shoppers should insist on a certificate of origin stating the animal’s

scientific name to avoid buying prohibited endangered species products. The movement of caviar is also restricted and travelers are allowed to have only 250 grams of these endangered sturgeon eggs with them when they cross international boundaries.

Another purchase to avoid is the oriental water pipe. Known as hookahs, chillums or bongs, these pipes may look cute on a mantelpiece but the U.S. Customs Service sees them as drug paraphernalia so they are not allowed to be imported. Cuban rum and cigars are also often available overseas but prohibited from import stateside by economic sanctions.

Europe boasts many fine wines and spirits. The Europeans even produce liquor-filled candies that make original Christmas gifts.

Unfortunately the U.S. Postal Service bans all liquor from being mailed, even if it is inside a piece of candy. However, customs allows travelers over 21 years of age to import one liter of duty-free liquor. If you plan on taking more than one liter of beer or wine stateside as gifts, the federal taxes and duties are currently low enough to make it worthwhile. However, state laws must also be met which can add to the cost. Taxes on distilled spirits like Scotch whiskey are generally considered high.

Counterfeits of well-known trademarked items are also banned from the mail. Many producers of designer items from shoes and clothing to perfumes, watches or jewelry have registered their trademarks with customs who inspect mail for faked products.

Military customs offices can offer more advice on these and other holiday shipping questions. They have many informative pamphlets from the U.S. Customs Service and the Department of Agriculture to ensure the gifts you buy for the holidays don’t present problems stateside. You can also find information on the Internet at www.customs.gov/travel/internat.htm



	Friday, Nov. 8		Monday, Nov. 11	Tuesday, Nov. 12	Wednesday, Nov. 13	
Week at a glance						Week at a glance

For families on community events call MWR at 624-5271

HOROSCOPES

ARIES: Get some sound advice and help setting up a workable budget. Confusion at an emotional level will cause you to make wrong decisions concerning your personal life. You can make extra cash if you act on a hunch. Do what you can to help them but don't neglect your own family.

TAURUS: Put in some extra hours and finish those careful jobs before you move on to some fun and games. Be sure to take care of the needs of youngsters. You may want to take a look at the personal papers of elders in your family. Do not get into uncertain financial deals.

GEMINI: Organize social events or family gatherings. Spend some quiet time this week with the one you love. Satisfy your passionate mood. Acceptance is the key.

CANCER: Heart to heart talks will clear up vague issues. You would be wise to socialize with as many people as possible. You could be disillusioned if you let relatives in on your emotional thoughts. You will have to face each issue separately and in person.

LEO: Balance is required if you want stability. Your main concern will be to spend as little as possible of your own cash in the process. Your family may be feeling neglected and unloved. Your mate may be distressed if you refuse to make a commitment.

VIRGO: You must try to include your mate in your activities this week. Someone you live with could be frustrated and upset. You will be up and down emotionally. Be careful while traveling.

LIBRA: You can get a promotion if you put in a little extra detail. Your temper could get the better of you if you confront personal situations. You will find that you can work progressively at improving yourself this week.

SCORPIO: Someone you work with could try to undermine you. You can make reasonable bids on real estate or large items for your home. You can deal with large institutions or government agencies successfully this week. Don't jump too quickly if someone tries to make you join in on their crusade.

SAGITTARIUS: Opportunities to get ahead are evident. You need to get out if you want to meet potential partners. Travel opportunities look positive, but be cautious while driving. New relationships could evolve through group activities.

CAPRICORN: Secret enemies may be holding a grudge that you're not even aware of. You should be able to get involved in an interesting proposition this week. The distance may make you both appreciate each other more. Don't let someone you work with put words in your mouth.

AQUARIUS: Help elders get their personal papers in order. You will have problems with coworkers if you are too extreme about doing things perfectly. It's time you let your true feelings out. You may have a problem dealing with elders.

PISCES: Use your charm, but don't sign or agree to anything. Hard work will bring rewards. Sudden changes of heart may cause disruptions in your domestic scene. Those you care about may oppose your ideas.

THE MOVIE CONNECTION

Theater Schedule

Friday, Nov. 8
5:30 p.m.: Swim Fan (PG-13)
8 p.m.: Stealing Harvard (PG-13)**
10 p.m.: The Ring (PG-13)

Saturday, Nov. 9
11 a.m.: Spy Kids 2: The Island of Lost Dreams (PG)
2 p.m.: Serving Sara (PG-13)
4:30 p.m.: Stealing Harvard (PG-13)
7 p.m.: Blue Crush (PG-13)
9:30 p.m.: Ballisyc: Ecks vs. Sever (R)

Sunday, Nov. 10
1 p.m.: Spy Kids 2: The Island of Lost Dreams (PG)
3:30 p.m.: Simone (PG-13)
6 p.m.: City by the Sea (R)

Monday, Nov. 11
1 p.m.: Spy Kids 2: The Island of Lost Dreams (PG)
3:30 p.m.: The Ring (PG-13)
6 p.m.: Ballisyc: Ecks vs. Sever (R)

Tuesday, Nov. 12
5:30 p.m.: Serving Sara (PG-13)*
8 p.m.: Swim Fan (PG-13)

Wednesday, Nov. 13
1 p.m.: Spy Kids 2: The Island of Lost Dreams (PG)*
5:30 p.m.: Simone (PG-13)
8 p.m.: City by the Sea (R)

Thursday, Nov. 14
5:30 p.m.: Blue Crush (PG-13)
8 p.m.: Stealing Harvard (PG-13)

Friday, Nov. 15
5:30 p.m.: The Four Feathers (PG-13)**
8 p.m.: City by the Sea (R)
10 p.m.: Ballisyc:Ecks vs. Sever (R)

Saturday, Nov. 16
11 a.m.: Simone (PG-13)
2 p.m.: Blue Crush (PG-13)
4:30 p.m.: Swim Fan (PG-13)
7:00 p.m.: The Banger Sisters (R)**
9:30 p.m.: The Ring (PG-13)

Sunday, Nov. 17
1 p.m.: The Santa Clause II (G)
3:30 p.m.: Stealing Harvard (PG-13)
6 p.m.: The Four Feathers (PG-13)

*** Future Re-release **Sneak Preview *Last Showing, (PNO- no children admitted)
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at 624-4248).

TRIVIA

Who was the first to create chewing gum?
Name an English word that uses all the vowels in the correct order and ends with Y.
How many fingers did Jerry Garcia have?
Where is the best place to store rubber bands?
What band were Eric Clapton, Jeff Beck and Jimmy Page lead guitarist for in the 1960s?

(Answers on page 9)

Best Sellers-- Christmas CD's

White Christmas - Bing Crosby
I'll be Home for Christmas - Bing Crosby
Christmas Song- Nat King Cole
Christmas Memories - Barbara Streisand
Merry Christmas - Andy Williams

They did what?

This is a ... Give-away!

A man walked into a Circle-K in Louisiana, put a \$20 bill on the counter and asked for change. When the clerk opened the cash drawer, the man pulled a gun and asked for all the cash in the register, which the clerk promptly provided. The man took the cash from the clerk and fled, leaving the \$20 bill on the counter. The total amount of cash he got from the drawer was \$15.

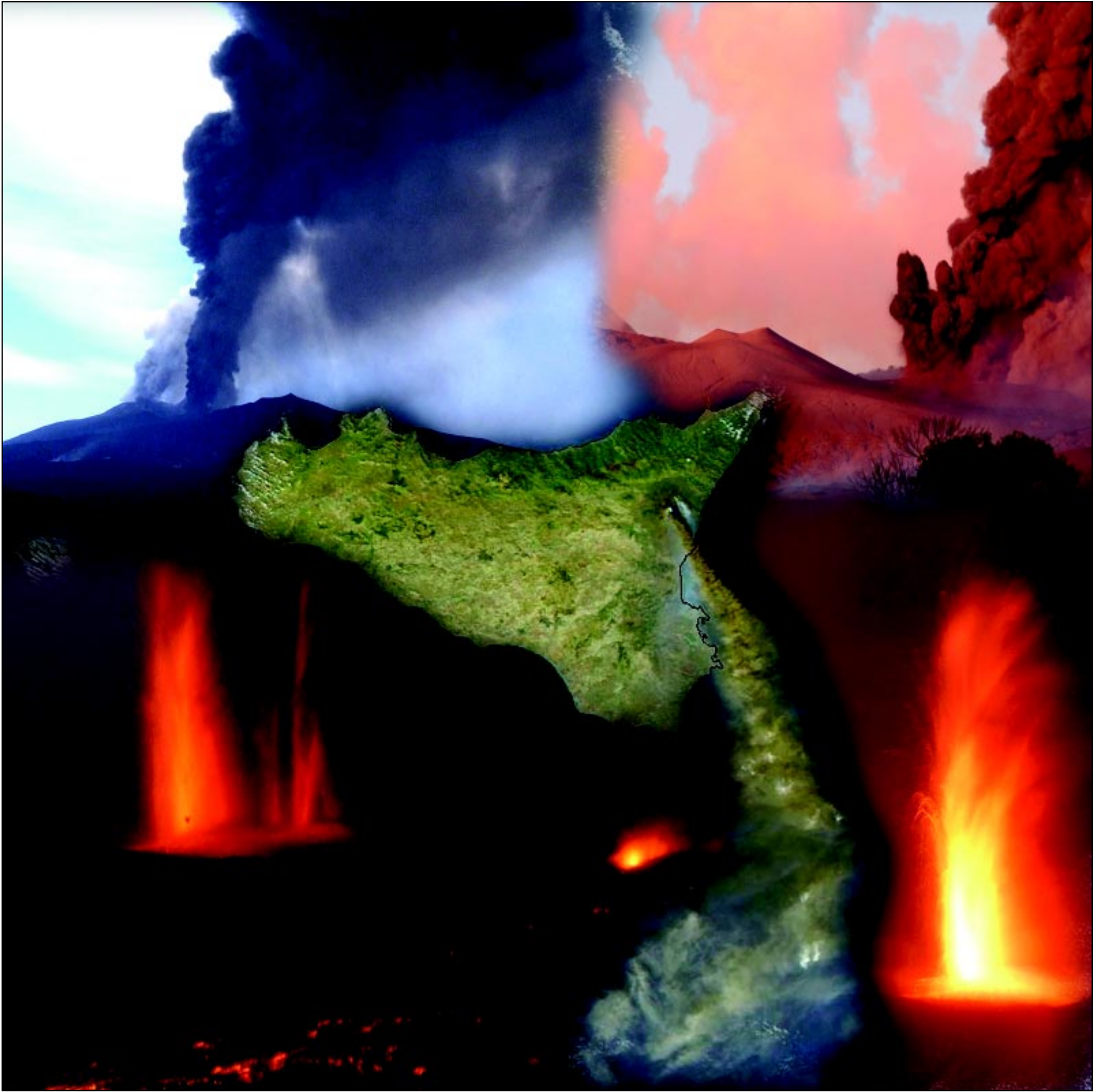
Question, if someone points a gun at you and gives you money, is a crime committed?

Off the Rack!

Spider Man

By JO1 Craig Coleman

The Trouble with Etna



Graphic by PH3 Richard Williams

A week in the life of Sicily as Mt. Etna shows her dark side

By JO1 Craig Coleman

When Mt. Etna reawakened most of us were still asleep.

At 3:21 on a Sunday morning Etna woke up, stretched, then began emitting molten lava from two brand new fissures on its northern and southern slopes. In the first three days of this eruption, Sicily was shaken by more than 350 earthquakes and tremors of varying magnitude, the strongest 4.4 on the Richter Scale. Most of us awakened that Sunday morning to a sky we thought was covered with a massive rain cloud, but inspections of balconies and the streets in front of our homes revealed a world covered in black snow – volcanic ash.

In the days that followed, Sicily and Southern Italy suffered from volcanic ash, shifting winds and earthquakes – mild ones, dangerous ones and a deadly one. The following is a timeline of the human and seismic events that have shaken Sicily, Italy and the world since Mt. Etna erupted more than a week ago.

Sunday, Oct 27 – Mt. Etna is officially

open for business, as the lava flows from two fissures created by overnight earthquakes. Ash rains on the area surrounding the volcano, including Sigonella. Volcano experts say that the lava flows are not threatening any towns and that their reaching Sigonella is “unrealistic.”

Monday, Oct 28 – The cleanup begins. Ash continues to fall on our area, but with less intensity than on Sunday and by midday the winds had shifted, blowing the ash away from the base and surrounding communities. Both the NASSIG flightline and Fontana Rossa Airport in Catania are closed, due to the ash.

Tuesday, Oct. 29 – At 11:02 a.m. an earthquake strikes near the town of Milo. The tremor, measuring 4.4 on the Richter Scale, is felt as far away as Catania. Schools in Catania are closed through Oct. 31, but there is no damage to any Catania buildings.

It is a different story in Santa Venerina, a town on the NE northeastern slope of the

mountain. There is considerable damage to many buildings in the town, causing many residents to be evacuated to a near by tent city. There is also serious damage in Guardia Mangano near Acireale. The quake is part of a continuing series that keep scientists busy all that day. There were no plans for evacuating either towns or military housing complexes.

Also on Tuesday, Catania officials initiate a policy of no two-wheeled vehicles in the city due to volcanic ash-covered roads. The ash makes driving in Sicily similar to driving on snow. NAS Sigonella followed suit, prohibiting the use AFI-plated motorcycles, motor scooters and bicycles to and from base and in the housing areas.

Wednesday, Oct. 30 – Three more minor earthquakes shakes the region overnight near Zafferana. Most of the 20 tremors affect the eastern side of the volcano. The Italian government declares a state of emergency, freeing national funds to help local communities

deal with the damage and to assist those left homeless. On the brighter side, the lava flow diminishes. Although the airport in Catania remains closed, our flightline opens.

Thursday, Oct. 31 – At approximately 11:32, an earthquake measuring 5.4 on the Richter Scale strikes the Southern Italian town of Campobasso, killing 29 people, including many elementary school children. In Sicily, the wind direction changes sending the ash cloud away from the base and toward the coast to the East.

Friday, Nov. 1 – Catania’s airport remains open but could close again if the wind direction changes. The death toll in the Campobasso earthquake was set at 26 children at the school and two women who died in their homes nearby.

This week Sigonellans continued to adjust to the rumblings of the volatile mountain to the East. We continue fulfilling our mission while waiting for nature to calm our fiery neighbor.

How are Etna’s eruptions affecting you?

Photos by SN Michelle Watkins



– Security

“The ash seems to be affecting everything. I am the PRT coordinator for my command, and it is keeping me from doing my job.”



– Civilian

“Because it rains ash, the eruption is keeping me from going outside and enjoying the fresh air.”



– Supply

“It is uncomfortable to walk outside without sunglasses, or the ash gets in my eyes and momentarily blurs my vision.”

Common questions about Airborne Ash

Article courtesy NASSIG Public Affairs

During the past week, the Public Affairs Office received numerous questions about Mt. Etna, the eruption, ash, health-related conditions, airport closures, and more. Here are the frequently asked questions. The answers were provided by the co-ordinated efforts of the Naval Hospital and NEPMU 7 medical staff.

1. With the ash falling, what basic precautions should we be doing?

When ash is actively falling, try to stay indoors. If you must go out, try to prevent material from getting into your eyes (look downward, wear goggles or use an umbrella). If you get ash in your eyes, see #3.

2. Is it safe to PT outside?

Common sense should prevail here. Although the ash is not toxic (it is predominantly “silicates of aluminum and magnesium” according to analysis by the University of Catania), it can worsen pre-existing respiratory conditions. It makes sense to “make hay when the sun shines” and exercise when the ash cloud is being blown in a different direction. At times when the ash cloud is being blown in our direction, it is better to exercise indoors (using the gym or running indoor stairs, for example).

3. What do I do when I get this ash in my eyes?

If you get ash in your eyes, follow the same precautions you would normally use to remove a speck of sand. Remember, DO NOT RUB!

(if you rub, you can scratch the surface of your eye which can lead to problems). The offending particle can be removed in several ways: First, blinking your eyes several times can sometimes make

enough tear secretions to help remove the particle. If you have someone to assist you, try to expose your lower (or upper) lid, so that your assistant can visualize the particle. Many times, a corner of a clean cloth can be used to carefully “daub” out the particle. A second, better method involves washing the particle out. If you have clean water (for example, bottled water or an eye wash station in the workspace) your eye can be rinsed out.

4. I have asthma, should I be worried?

You should follow your standard treatment and instructions of your care provider. Try to avoid exposure to the ash and volcanic emissions when the atmospheric conditions are bad; it is best to try to stay indoors during those times. If your airways do get tight, use your inhaler as instructed, but if you do not get relief after a limited number of uses (again, as specified by your health care provider) a visit to the emergency department at the Naval Hospital is probably the best policy.

Additionally, a study from Japan on asthma and volcanic ash found NO increase in asthma attacks among children during an eruption there a few years ago. It seems the ash is just an irritating nuisance. The particle size is too big to cause serious respiratory problems and the exposure that we are getting is too small to cause any serious respiratory problems.

5. How long can my kids play outside with the ash on the ground?

Older children should be able to play as long as the material is not airborne. They should be instructed not to get the material in their eyes (nor throw it into the eyes of another child). Smaller children should be supervised. Certain activities such as bicycle riding may be more dangerous because of the ash (right now, on the base and in some communities bicycle riding is prohibited).

6. I see some security personnel wearing masks. Should we all be wearing the masks all the time?

By the nature of their work, Security Department personnel may have to be out in the outside environment, even when conditions are unfavorable. There is no true need to wear masks when the ash is not airborne. Masks are for personal comfort. The commonly used masks do not really protect your respiratory system. The masks keep some of the ash out of your nose and mouth and therefore can increase your comfort when you have to be outside when the ash is flying

around. If you choose to wear a mask, you can obtain adequate masks from hardware stores on the economy (e.g., Brico) or the hardware sections of other department stores such as Auchan or the Navy Exchange. The Naval Hospital does not provide these masks.

7. Is it safe to drive my car with the ash falling?

Ash may limit visibility. It can also cause glare problems, especially when driving at night with headlights. It may adversely affect stopping distances, especially if it becomes wet. Leave more following distance between your car and other cars, if possible.

8. Is there anything toxic in this ash?

This ash is similar to beach sand. Although unpleasant, short term exposures should be tolerated easily. You should think about what you would do at a beach. If the wind is calm, then you can play in the sand. If it is windy and the sand is flying around, then limit your activities accordingly.

9. Will the ash hurt my pets?

The ash may cause the same effects on your animals as it does on humans. They should be kept indoors as much as possible when the ash is actively falling.

10. How long will this last?

This is unpredictable. Last year, the eruption lasted about one month, but the ash fall predominantly was in the direction of Acireale.

11. If my kids accidentally ingest the ash, what should I do?

Large amounts might cause constipation. Small amounts should not cause any real problems.

12. How many ash health-related incidents has the hospital responded to?

The hospital has not truly experience a large rise in respiratory-related complaints; however, there have been a few corneal abrasions of the eye (see Question #3, above).

On behalf of The Signature, a special thank you to the Naval Hospital staff and the team at NEPMU 7.



Photo by ATCS Jed Donaldson

The history of Etna



Photo by Boris Behncke

By Alberto Lunetta

Deputy PAO

It looks like Typhon, a 100-headed grumpy monster buried beneath Etna, lost his temper again. According to an ancient Greek myth, Zeus subdued Typhon for his attempt to establish himself as the ruler of the world and its supreme deity. Blasting his thunderbolts at this horrifying creature, Zeus defeated Typhon who still struggles to get out from his eternal prison spewing out molten lava.

Yet another Greek myth tells that Etna houses the workshop of Hephaestus, or Vulcan, the god of fire and forge, and was also home to Cyclops, a giant one-eyed monster who helped the “blacksmith of the gods” to make magic armor and weapons for the gods. It was believed that, when Etna erupted, it meant that Vulcan was pretty busy and one could see it from the smoking top of the volcano that was considered as the “chimney” of the god of fire’s workshop.

This is how some Greek legends explained the eruptions of Europe’s largest and most active volcano. Over the centuries, 135 eruptions have been, reported changing continuously its morphology. The first recorded eruption was in 396 BC. What we know of this eruption is very limited. Historians tell us that lava reached the coastline.

Some among the most famous Greek and Roman poets wrote of various Etna’s eruptions. Greek poets Pindar and Aeschylus vividly described the one occurred in 475 BC. “By day a burning steam of smoke, but by night a ruddy eddying flame,” (Pindar, *Pythian Ode*, I, 22-24).

Yet one among the greatest Roman poets, Virgil, wrote in 29 BC, “how often did we see Etna flooding the Cyclopean fields with the torrent bursting from her furnaces, and rolling forth balls of flame and molten rocks!” (*The Georgics*).

In the Middle Age, the most devastating eruption occurred in 1329. It initiated in the Bove Valley (eastern flank of Mt. Etna). The eruption split into three lava streams. Two of which reached the Acireale seafont and the third threatened the city of Catania. Fifty-two years later streams of lava hit Catania.

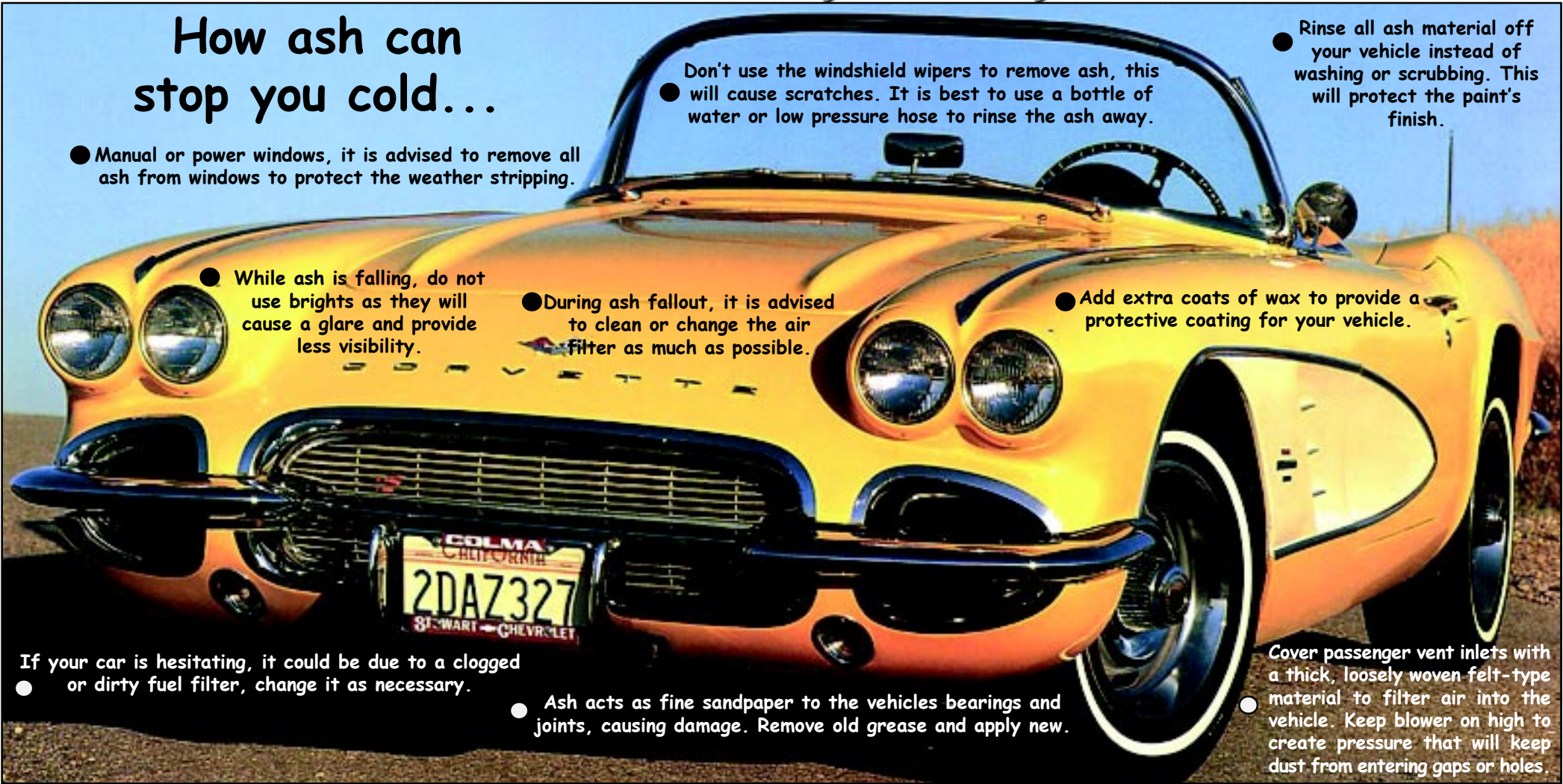
Etna’s most devastating eruption of all time dates back to 1669. It lasted four months (March-July) and was preceded by violent earthquakes. On March 11, a huge crack opened from Nicolosi to the main crater while several burst vents opened in the Monti Rossi area. Rivers of lava destroyed Catania and several surrounding towns.

In the 18th century, 16 eruptions have been reported. At the beginning of last century, a violent eruption broke out in 1928 devastating the town of Mascali. Noteworthy eruptive episodes took place in 1942, 1947, 1950, 1951, 1971 (79 days) and 1983 (141 days)

Since the 1980s there has been a continuous activity in the summit craters.

How ash can stop you cold...

- Manual or power windows, it is advised to remove all ash from windows to protect the weather stripping.
- While ash is falling, do not use brights as they will cause a glare and provide less visibility.
- During ash fallout, it is advised to clean or change the air filter as much as possible.
- Add extra coats of wax to provide a protective coating for your vehicle.
- Rinse all ash material off your vehicle instead of washing or scrubbing. This will protect the paint's finish.
- Don't use the windshield wipers to remove ash, this will cause scratches. It is best to use a bottle of water or low pressure hose to rinse the ash away.
- Cover passenger vent inlets with a thick, loosely woven felt-type material to filter air into the vehicle. Keep blower on high to create pressure that will keep dust from entering gaps or holes.
- If your car is hesitating, it could be due to a clogged or dirty fuel filter, change it as necessary.
- Ash acts as fine sandpaper to the vehicles bearings and joints, causing damage. Remove old grease and apply new.



Do you have a Web site you would like to share with the community?
E-mail us at colemacl@nassig.sicily.navy.mil



By JO1 Craig Coleman

Name your pet

www.petrix.com

You've just come back from the stray animal facility with a delightful new cat or dog. Does he have a name? Will she answer to the one you're trying to give her? You can start the name game with an advantage by logging on to Petrix Cat Names or Petrix Dog Names. The site has more than 4,000 names, from A Bientot to Zabbie. Petrix not only offers a list of names, but fun naming facts as well.

Find a home

http://homefair.com/homefair/ls_basic.html

Have you given any thought to where you'd like to live when your military career comes to an end? Maybe you want to move back to your home town, or maybe after seeing the world you're looking for something different. Whichever fits your case log on to The Lifestyle Optimizer to find the 10 cities that best suit your preferences. Search options include housing prices, location, demographics, climate, economy and more.

Love Compatibility Quiz

http://ivillage.com/relationships/cupid/get_info

Are you with your perfect mate? One way to find out is to take the Love Compatibility Quiz. Find out if you're really meant to be together. This site also offers relationship advice and the opportunity to send in information about yourself and let the site connect you with compatible people.

Trivia Answer

1) The Mayans, using boiled sapodilla sap 2) Abstemiously or facetiously 3) 9 4) The refrigerator 5) The Yardsbirds

Check
this out!



Web Extra! Auto troubleshooting guide

<http://autosite.com/garage/symptoms.trblsht.asp>

Do you believe that not taking auto shop class in high school was the biggest mistake of your life? If you still have no clue what's going on under the hood the AIC AutoSite Troubleshooting Guide save you some money, not to mention some unnecessary trips to see your mechanic. The site starts with problem symptoms like the sound of the engine or braking problems. You then narrow the focus of the search until the site provides you with a diagnosis. Who knows, if the problem isn't too serious you may be able to do the repair work yourself!